Vita ScheldeCup 2026: Session: 1: COACH evaluation sheet for TEAM: STA

Coachinfo: Warming up from: untill . Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Vlamijnck Robin

Coaches: Kerkaert Barbara HEADCOACH

Coaches: Claeys Arthur

PB => Personal Best time **SB => Seasons Best time: Season starting point: first of September.**

Event number: 3: 100M FREESTYLE MEN 11+ Heat:2, starttime: 14:16

Heat: 2/9 Lane : 4 Athlete: VAN DOORNE ARNO **Q-time: 01:14:61**

PB (25m pool): 01:14.61 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 01:18.02 **SB:** 01:14.61 Sint-Amandsberg 18/10/2026

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.11		01:14.61	
		00:36.11		*00:38.50*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 3: 100M FREESTYLE MEN 11+ Heat:5, starttime: 14:21

Heat: 5/9 Lane : 2 Athlete: DEGRANDE VIC **Q-time: 01:04:27**

PB (25m pool): 01:04.27 EEKLO 04/10/2026 **PB (50m pool):** 01:06.94 **SB:** 01:04.27 EEKLO 04/10/2026

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.52		01:04.27	
		00:30.52		*00:33.75*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 3: 100M FREESTYLE MEN 11+ Heat:5, starttime: 14:21

Heat: 5/9 Lane : 6 Athlete: DE SMET KOBE **Q-time: 01:03:99**

PB (25m pool): 01:03.99 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 01:06.57 **SB:** 01:03.99 Sint-Amandsberg 18/10/2026

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.67		01:03.99	
		00:30.67		*00:33.32*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Vita ScheldeCup 2026: Session: 1: COACH evaluation sheet for TEAM: STA

Event number: 3: 100M FREESTYLE MEN 11+ — Heat:6, starttime: 14:23

Heat: 6/9 Lane : 6 Athlete: DE BRUYNE BRIEK — **Q-time: 01:01:79**

PB (25m pool): 01:01.79 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 01:06.16 **SB:** 01:01.79 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:29.23		01:01.79	
		00:29.23		*00:32.56*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+ — Heat:2, starttime: 14:31

Heat: 2/10 Lane : 5 Athlete: DEGRANDE NORE — **Q-time: 01:18:84**

PB (25m pool): 01:18.84 EEKLO 04/10/2026 **PB (50m pool):** 01:18.59 **SB:** 01:18.84 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:37.88		01:18.84	
		00:37.88		*00:40.96*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+ — Heat:3, starttime: 14:33

Heat: 3/10 Lane : 4 Athlete: DE SMET LORE — **Q-time: 01:15:93**

PB (25m pool): 01:15.93 EEKLO 04/10/2026 **PB (50m pool):** 01:22.46 **SB:** 01:15.93 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:36.00		01:15.93	
		00:36.00		*00:39.93*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+ — Heat:4, starttime: 14:35

Heat: 4/10 Lane : 2 Athlete: DE VUSSER LAURE — **Q-time: 01:15:47**

PB (25m pool): 01:15.47 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 01:20.02 **SB:** 01:15.47 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:37.19		01:15.47	
		00:37.19		*00:38.28*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Vita ScheldeCup 2026: Session: 1: COACH evaluation sheet for TEAM: STA

Event number: 4: 100M FREESTYLE WOMEN 11+ — Heat:5, starttime: 14:37

Heat: 5/10 Lane : 3 Athlete: DE MULDER MAïTHé — **Q-time: 01:10:86**

PB (25m pool): 01:10.86 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 01:11.76 **SB:** 01:10.86 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:34.48		01:10.86	
		00:34.48		*00:36.38*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+ — Heat:5, starttime: 14:37

Heat: 5/10 Lane : 4 Athlete: DE MUER ANNA — **Q-time: 01:09:23**

PB (25m pool): 01:09.23 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 01:11.87 **SB:** 01:09.23 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:33.18		01:09.23	
		00:33.18		*00:36.05*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+ — Heat:5, starttime: 14:37

Heat: 5/10 Lane : 7 Athlete: BERKEIN FRANCESCA — **Q-time: 01:11:42**

PB (25m pool): 01:11.42 EEKLO 04/10/2026 **PB (50m pool):** 01:13.63 **SB:** 01:11.42 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:34.28		01:11.42	
		00:34.28		*00:37.14*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+ — Heat:6, starttime: 14:39

Heat: 6/10 Lane : 6 Athlete: DE WULF ALEXINE — **Q-time: 01:07:95**

PB (25m pool): 01:07.95 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 01:10.05 **SB:** 01:07.95 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:32.74		01:07.95	
		00:32.74		*00:35.21*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Vita ScheldeCup 2026: Session: 1: COACH evaluation sheet for TEAM: STA

Event number: 6: 200M MEDLEY MEN 11+ — Heat:1, starttime: 14:54

Heat: 1/4 Lane : 4 Athlete: VAN DOORNE ARNO — **Q-time: 02:59:44**

PB (25m pool): 02:59.44 EEKLO 04/10/2026 — **PB (50m pool):** 03:07.44 **SB:** 02:59.44 EEKLO 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:43.35		no time		no time		02:59.44
		00:43.35						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 6: 200M MEDLEY MEN 11+ — Heat:2, starttime: 14:58

Heat: 2/4 Lane : 2 Athlete: DE BRUYNE BRIEK — **Q-time: 02:36:71**

PB (25m pool): 02:36.71 EEKLO 04/10/2026 — **PB (50m pool):** 02:50.73 **SB:** 02:36.71 EEKLO 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:34.94		no time		no time		02:36.71
		00:34.94						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 6: 200M MEDLEY MEN 11+ — Heat:2, starttime: 14:58

Heat: 2/4 Lane : 3 Athlete: DE SMET KOBE — **Q-time: 02:36:46**

PB (25m pool): 02:36.46 EEKLO 04/10/2026 — **PB (50m pool):** 02:44.14 **SB:** 02:36.46 EEKLO 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:33.45		no time		no time		02:36.46
		00:33.45						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 6: 200M MEDLEY MEN 11+ — Heat:3, starttime: 15:01

Heat: 3/4 Lane : 7 Athlete: DEGRANDE VIC — **Q-time: 02:31:27**

PB (25m pool): 02:31.27 EEKLO 04/10/2026 — **PB (50m pool):** 02:42.08 **SB:** 02:31.27 EEKLO 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:33.22		no time		no time		02:31.27
		00:33.22						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Vita ScheldeCup 2026: Session: 1: COACH evaluation sheet for TEAM: STA

Event number: 7: 200M MEDLEY WOMEN 11+ — Heat:1, starttime: 15:07

Heat: 1/5 Lane : 4 Athlete: DE SMET LORE — **Q-time: 03:15:24**

PB (25m pool): 03:15.24 EEKLO 04/10/2026 **PB (50m pool):** 03:21.38 **SB:** 03:15.24 EEKLO 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:45.32		no time		no time		03:15.24
		00:45.32						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 7: 200M MEDLEY WOMEN 11+ — Heat:1, starttime: 15:07

Heat: 1/5 Lane : 5 Athlete: DEGRANDE NORE — **Q-time: 03:18:58**

PB (25m pool): 03:18.58 EEKLO 04/10/2026 **PB (50m pool):** 03:21.18 **SB:** 03:18.58 EEKLO 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:46.53		no time		no time		03:18.58
		00:46.53						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 7: 200M MEDLEY WOMEN 11+ — Heat:2, starttime: 15:11

Heat: 2/5 Lane : 2 Athlete: BERKEIN FRANCESCA — **Q-time: 02:59:43**

PB (25m pool): 02:59.43 EEKLO 04/10/2026 **PB (50m pool):** 03:04.51 **SB:** 02:59.43 EEKLO 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:39.58		no time		no time		02:59.43
		00:39.58						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 7: 200M MEDLEY WOMEN 11+ — Heat:2, starttime: 15:11

Heat: 2/5 Lane : 3 Athlete: DE MUER ANNA — **Q-time: 02:58:44**

PB (25m pool): 02:58.44 EEKLO 04/10/2026 **PB (50m pool):** 03:05.41 **SB:** 02:58.44 EEKLO 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:40.58		no time		no time		02:58.44
		00:40.58						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Vita ScheldeCup 2026: Session: 1: COACH evaluation sheet for TEAM: STA

Event number: 7: 200M MEDLEY WOMEN 11+ — Heat:2, starttime: 15:11

Heat: 2/5 Lane : 7 Athlete: DE VUSSER LAURE — **Q-time: 03:11:86**

PB (25m pool): 03:11.86 EEKLO 04/10/2026 — **PB (50m pool):** 03:19.55 **SB:** 03:11.86 EEKLO 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:45.89		no time		no time		03:11.86
		00:45.89						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 7: 200M MEDLEY WOMEN 11+ — Heat:3, starttime: 15:15

Heat: 3/5 Lane : 3 Athlete: DE MULDER MAïTHé — **Q-time: 02:49:56**

PB (25m pool): 02:49.56 EEKLO 04/10/2026 — **PB (50m pool):** 02:52.92 **SB:** 02:49.56 EEKLO 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:37.78		no time		no time		02:49.56
		00:37.78						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 7: 200M MEDLEY WOMEN 11+ — Heat:4, starttime: 15:18

Heat: 4/5 Lane : 2 Athlete: DE WULF ALEXINE — **Q-time: 02:41:47**

PB (25m pool): 02:41.47 LAGO Zwevegem 25/05/2026 — **PB (50m pool):** 02:48.46 **SB:** 02:44.73 EEKLO 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:36.20		01:17.23		02:04.53		02:41.47
		00:36.20		*00:41.03*		*00:47.30*		*00:36.94*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 9: 100M BREASTSTROKE WOMEN 11+ — Heat:3, starttime: 15:41

Heat: 3/5 Lane : 2 Athlete: DEGRANDE NORE — **Q-time: 01:38:37**

PB (25m pool): 01:38.37 Sint-Amandsberg 18/10/2026 — **PB (50m pool):** 01:48.32 **SB:** 01:38.37 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:47.33		01:38.37	
		00:47.33		*00:51.04*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Vita ScheldeCup 2026: Session: 1: COACH evaluation sheet for TEAM: STA

Event number: 9: 100M BREASTSTROKE WOMEN 11+ — Heat:3, starttime: 15:41

Heat: 3/5 Lane : 6 Athlete: DE VUSSER LAURE — **Q-time: 01:34:53**

PB (25m pool): 01:34.53 EEKLO 04/10/2026 — **PB (50m pool):** 01:39.55 **SB:** 01:34.53 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:45.03		01:34.53	
		00:45.03		*00:49.50*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 9: 100M BREASTSTROKE WOMEN 11+ — Heat:4, starttime: 15:43

Heat: 4/5 Lane : 2 Athlete: DE MUER ANNA — **Q-time: 01:31:73**

PB (25m pool): 01:31.73 Sint-Amandsberg 18/10/2026 — **PB (50m pool):** 01:36.73 **SB:** 01:31.73 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:43.90		01:31.73	
		00:43.90		*00:47.83*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 9: 100M BREASTSTROKE WOMEN 11+ — Heat:4, starttime: 15:43

Heat: 4/5 Lane : 3 Athlete: DE SMET LORE — **Q-time: 01:31:01**

PB (25m pool): 01:31.01 EEKLO 04/10/2026 — **PB (50m pool):** 01:38.37 **SB:** 01:31.01 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:43.31		01:31.01	
		00:43.31		*00:47.70*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 9: 100M BREASTSTROKE WOMEN 11+ — Heat:4, starttime: 15:43

Heat: 4/5 Lane : 4 Athlete: DE WULF ALEXINE — **Q-time: 01:28:31**

PB (25m pool): 01:28.31 EEKLO 04/10/2026 — **PB (50m pool):** 01:31.07 **SB:** 01:28.31 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:42.07		01:28.31	
		00:42.07		*00:46.24*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Vita ScheldeCup 2026: Session: 1: COACH evaluation sheet for TEAM: STA

Event number: 9: 100M BREASTSTROKE WOMEN 11+ — Heat:4, starttime: 15:43

Heat: 4/5 Lane : 6 Athlete: BERKEIN FRANCESCA — **Q-time: 01:31:69**

PB (25m pool): 01:31.69 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 01:34.89 **SB:** 01:31.69 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:43.03		01:31.69	
		00:43.03		*00:48.66*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 9: 100M BREASTSTROKE WOMEN 11+ — Heat:5, starttime: 15:45

Heat: 5/5 Lane : 2 Athlete: DE MULDER MAïTHé — **Q-time: 01:25:14**

PB (25m pool): 01:25.14 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 01:30.88 **SB:** 01:25.14 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:40.42		01:25.14	
		00:40.42		*00:44.72*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 10: 100M BUTTERFLY MEN 11+ — Heat:1, starttime: 15:48

Heat: 1/4 Lane : 5 Athlete: VAN DOORNE ARNO — **Q-time: 01:33:35**

PB (25m pool): 01:33.35 Sint-Amandsberg 18/10/2026 **PB (50m pool):** no time **SB:** 01:33.35 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:43.75		01:33.35	
		00:43.75		*00:49.60*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 10: 100M BUTTERFLY MEN 11+ — Heat:2, starttime: 15:50

Heat: 2/4 Lane : 5 Athlete: DE BRUYNE BRIEK — **Q-time: 01:15:58**

PB (25m pool): 01:15.58 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 01:28.69 **SB:** 01:15.58 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:34.33		01:15.58	
		00:34.33		*00:41.25*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Vita ScheldeCup 2026: Session: 1: COACH evaluation sheet for TEAM: STA

Event number: 10: 100M BUTTERFLY MEN 11+ **Heat:3, starttime: 15:52**

Heat: 3/4 Lane : 2 Athlete: DE SMET KOBE **Q-time: 01:13:68**

PB (25m pool): **01:13.68** **Sint-Amandsberg 18/10/2026** **PB (50m pool):** 01:21.24 **SB:** 01:13.68 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:34.27		01:13.68	
		00:34.27		*00:39.41*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 10: 100M BUTTERFLY MEN 11+ **Heat:3, starttime: 15:52**

Heat: 3/4 Lane : 6 Athlete: DEGRANDE VIC **Q-time: 01:11:97**

PB (25m pool): **01:11.97** **Sint-Amandsberg 18/10/2026** **PB (50m pool):** 01:18.25 **SB:** 01:11.97 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:33.28		01:11.97	
		00:33.28		*00:38.69*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: